

Overview of Trauma & Addiction



Prevalence

- CSA: 1 in 4 females, 1 in 6 males
- DV: 1 in 3 females
- NCA Study (Lifetime rates)
 - Trauma: 50%-60%
 - PTSD: .5% men, 1.3% women
- Trauma sx, not PTSD: 15% men, 13% women
- MH tx: 40%-60% child. vict.
- SA tx: 60%-70% women child vict. (90% dv)

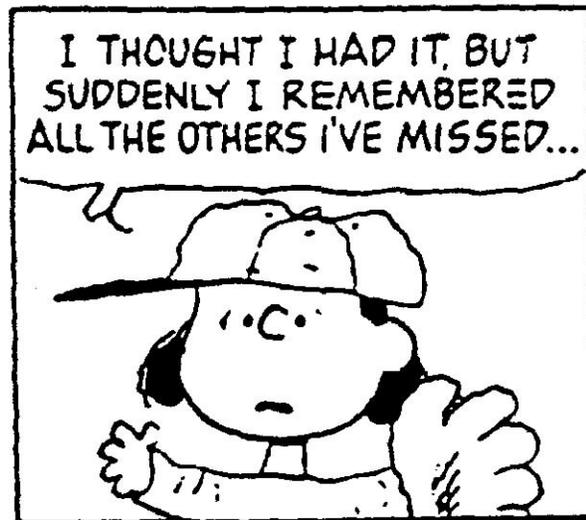
Definitions of Trauma

- Event involving actual or threatened death or serious injury, or a threat to physical integrity of self/others (experienced/witnessed) (DSM-IV)
- Event(s) so extreme, severe, powerful, harmful, or threatening they require extraordinary coping efforts (experienced /witnessed) (Meichenbaum, 1994)

Trauma Reactions

- **Type I:** Short-term, unexpected event
Examples: One time rape, car accident, natural disaster
More likely to result in typical PTSD
SX
- **Type II (Complex Trauma):**
Sustained, repeated ordeal stressors
Examples: Ongoing physical/sexual abuse, combat
More likely to result in long-standing characterological & interpersonal problems, dissociation, substance abuse

Peanuts



Post-Traumatic Stress Symptoms

- **Intrusion:** Re-experiencing the trauma (e.g., images, thoughts, nightmares, flashback)
- **Avoidance of the trauma:** numbing, restricted affect, avoiding people, places & things that are similar, amnesia, loss of interest, sense of foreshortened future
- **Hyperarousal:** problems sleeping or concentrating, hypervigilance, irritability or anger management problems, exaggerated startle

Complex Trauma



- **Alterations in Regulating Affective Arousal**
 - Chronic affect dysregulation
 - Difficulty modulating anger
 - Self-destructive and suicidal behavior
 - Difficulty modulating sexual involvement
 - Impulsive and risk taking behaviors
- **Alterations in Attention & Consciousness**
 - Amnesia
 - Dissociation

Complex Trauma (#2)

- **Chronic Characterological Changes**
 - Alterations in self-perception: guilt & shame, sees self as ineffective and permanently damaged
 - Alterations in perception of perpetrator(s): adopting distorted beliefs and idealizing the perpetrator.

Complex Trauma (#3)

- **Alterations in perceptions of others:**
 - Inability to trust or maintain relationships
 - Tendency to be revictimized
 - Tendency to victimize others
- **Alterations in Systems of Meaning**
 - Despair and hopelessness
 - Loss of previously sustaining beliefs
- **Somatization**

Post-Traumatic Stress Symptoms

- **Self-perpetuating** - avoidance is self-reinforcing
- **Cumulative** - can lead to over-generalization
- **Debilitating** - can lead to reactivity and increased vulnerability to new stressors
- **Stimulated** - by “triggers” or reminders that may not be obvious to others